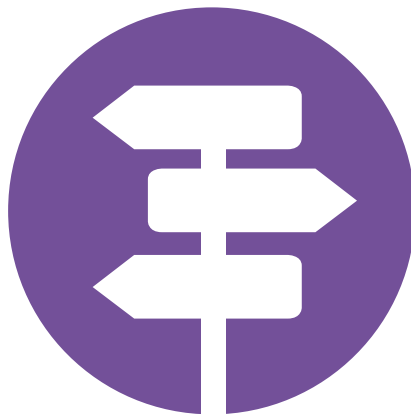




# Care Information Scotland

If you look after someone, need care yourself or are planning for your future care needs, you can get the information and advice you need from Care Information Scotland.



**0800 011 3200**

every day, 8am to 10pm

**[www.careinfoscotland.scot](http://www.careinfoscotland.scot)**



# Care Information Scotland

If you look after someone, need care yourself or are planning for your future care needs, you can get the information and advice you need from Care Information Scotland.



# 0800 011 3200

every day, 8am to 10pm

## [www.careinfoscotland.scot](http://www.careinfoscotland.scot)

**Care Information Scotland (CIS) is a phone, webchat and website service providing information about care and care services for people living in Scotland.**

Care Information Scotland provides a central point to help guide people through what can be a maze of care and support resources, to ensure they

have accurate, up to date information either for themselves, a relative or a friend.

This service is a great place to start, particularly if you're new to care services or a caring role. Providing a range of information from how to access services to finances, support, carers rights, information specifically for young carers and much more, **why not call or go online.**